



# Wellness Center Newsletter

## Special points of interest:

- Tuesday, September 15th, 11 a.m.—1:00 p.m. **Wellness Center BBQ**
- Tuesday, September 22nd, 12:00- **Locker Rental Drawing**
- October 1st. **Membership Fees Due**

**12 Month Annual Prepay = \$192**

**Semi-Annual Prepay = \$114**

**Month to Month = \$24**

**Check or Cash Only**  
**Check Payable to:**  
**CFEB**

Wellness Center | 303-236-6911 | [kiel.hovland@gsa.gov](mailto:kiel.hovland@gsa.gov)

## Wellness Center News

### Wellness Center BBQ:

In appreciation for your continued support for the Wellness Center, you are invited to come and **join us for lunch in the Wellness Center parking lot on Tuesday September 15th, 11:00 a.m.—1:00 p.m.**



We would not be able to provide such a wonderful BBQ without the support from Blue Cross. Blue Shield, and we ask that you sign in at the Blue Cross table when you attend the event so Blue Cross can

justify supporting future events for the Wellness Center.

### Locker Rental Drawing:

The Wellness Center rents a limited number of lockers each year. The cost for a locker rental is \$36, pre-paid for September—October. If you would like to rent a locker, please put your name in the drawing box located in Wellness Center. One entry per member. The Drawing will be held on Tuesday, September 22nd at 12:00, noon. You do not have to be present to win.

### Women's Self Defense & Kickboxing Classes?

Ladies, we are putting our feelers out to see if you may be interested in a kickboxing and self defense class here at the Wellness Center. The classes would be lead by the expert instructors from The Training Camp MMA and Fitness, [campmma.com](http://campmma.com)

In this class you will burn 800-1000 calories in an easy, fun to learn fat burning workout. You will learn the most effective self defense in the world, using the same techniques as the U.S. Special Forces. The classes would be held either 11:00 a.m. or 4:00 p.m., depending on your feedback. The cost would be \$90 for a 10 week session. Please call or email Kiel if you are interested."

## Swing Dance is Back! Wednesdays 4:30 p.m. — 5:30p.m.



Sharon & Gene at one of their outstanding performances.

For those of you that would like to learn how to dance with a partner, or if you are a seasoned professional and enjoy dancing, you will love the Swing Dance class here at the Wellness Center!

This is a wonderful opportunity for members because you will get instruction from Miss Senior Colorado, Sharon Nuanes and her

long time dancing partner, Gene Horiushi. Better yet, the class is **FREE** for members! You would be amazed at the cost of Swing Dance classes outside the Wellness Center.

Not only will you have a great time learning how to dance with a partner, but you will burn many calories in the process. In addition,

dancing provides many opportunities to meet other people, and joining the Swing Dance class can increase self-confidence and build social skills.

Classes are every Wednesday from 4:30 — 5:30 in the aerobics room.

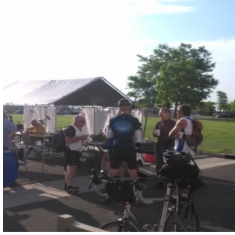
# Wellness Center Newsletter

## WC 25th Year Anniversary Ice Cream Party



## Wellness Center Summer Photos

### Bike 2 Work Day



### Boot Camp Class



### Fit Ball Core Conditioning



## September Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 11:35-12:40 H Yoga \$3 3-3:40 Fit Forever 5-6 Yoga w/Sue \$10	<b>2</b> 11:15-12 TRX \$ (Class Full) 12-12:45 Pilates \$15 4:30-5:30 Swing Dance 6-7:15 Hatha Yoga	<b>3</b> 12-1 Fit Ball 5-6 Yoga w/Sue \$10	<b>4</b> 11:35-12:40 Hatha Yoga	
<b>6</b>	<b>7</b> 12-1 Boot Camp Outside- Weather Permitting	<b>8</b> 11:35-12:40 H Yoga \$3 3-3:40 Fit Forever 5-6 Yoga w/Sue \$10	<b>9</b> 11:15-12 TRX \$ (Class Full) 12-12:45 Pilates \$15 4:30-5:30 Swing Dance 6-7:15 Hatha Yoga	<b>10</b> 12-1 Fit Ball 5-6 Yoga w/Sue \$10	<b>11</b> 11:35-12:40 Hatha Yoga	<b>12</b>
<b>13</b>	<b>14</b> 12-1 Boot Camp Outside- Weather Permitting	<b>15</b> 11-1 Wellness Center BBQ 5-6 Yoga w/Sue \$10	<b>16</b> 11:15-12 TRX 12-12:45 Pilates \$15 3-3:40 Fit Forever 4:30-5:30 Swing Dance 6-7:15 Hatha Yoga	<b>17</b> 12-1 Fit Ball 5-6 Yoga w/Sue \$10	<b>18</b> 11:35-12:40 Hatha Yoga	<b>19</b>
<b>20</b>	<b>21</b> 12-1 Boot Camp Outside- Weather Permitting	<b>22</b> 11:35-12:40 H Yoga \$3 3-3:40 Fit Forever	<b>23</b> 11:15-12 TRX \$ 12-12:45 Pilates \$15 4:30-5:30 Swing Dance 6-7:15 Hatha Yoga	<b>24</b> 12-1 Fit Ball 5-6 Yoga w/Sue \$10	<b>25</b> 11:35-12:40 Hatha Yoga	<b>26</b>
<b>27</b>	<b>28</b> 12-1 Boot Camp Outside- Weather Permitting	<b>29</b> 11:35-12:40 Yoga \$3 3-3:40 Fit Forever 5-6 Yoga w/Sue \$10	<b>30</b> 11:15-12 TRX \$ 12-12:45 Pilates \$15 4:30-5:30 Swing Dance 6-7:15 Hatha Yoga			